



# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

## Winneconne Community 10,000 Step Program

### Contact Information

<b>Main Contact Person</b> Cindy Draws
<b>Title of Main Contact</b> Public Health Nurse
<b>Agency Affiliation of Contact</b> Winnebago County Health Dept
<b>Contact Phone Number</b> 920-232-3005
<b>Contact Email Address</b> cdraws@co.winnebago.wi.us

### Program Information

<b>Type of Program</b> Health Dept
<b>Year Coalition was Formed</b> 2005
<b>Primary program focus</b> Physical Activity
<b>Region</b> Northeastern
<b>County</b> Winnebago County, primarily the Winneconne area
<b>Coalition Web Site Address</b>

### Program Information

<b>Represented Groups on Coalition</b> Community Government Health Dept Schools University	<b>Represented Professions on Coalition</b> Citizen Rep Nurse Other
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name

## Project Team Member For Planning And Implementing Walking Routes Within The Community.

### Intervention Information

<b>Type of Intervention:</b> Physical Activity Environment
<b>Focus Area:</b> Biking/walking
<b>Intervention Site or Setting:</b> Community
<b>Scope of Intervention:</b> Municipality
<b>Target Audience:</b> All races and genders Ages 20-39, 40-59, 60-74, 75 +
<b>Total Population in Area Served:</b> 2400 people
<b>Number of Participants:</b> 6-10 participants on the project team
<b>Implementation Status:</b> Spring primarily to identify routes and infrastructure needed for safety and ease of use.

<b>Partners:</b> Local retired citizens that already walk the community Local police dept Local Parks dept School Nurse Chamber of Commerce
<b>Unique Funding:</b>
<b>Evaluation:</b> Other
<b>Evidence-Based or Best Practice based on</b>

### Products Developed or Materials Used:

We are using a local map of the area and the Walkability Checklist.

### Intervention Description:

Project team will walk areas in the community that connect local businesses, parks and schools to high residential areas and housing complexes. They will identify needs related to marking, sitting, condition of sidewalks, etc. They will then try to put as much into place as \$ is available and include recommendations to local planning committees or civic organizations.

A Wisconsin Nutrition and Physical Activity Intervention



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## Intervention Name 10,000 Step Program

### Intervention Information

<b>Type of Intervention:</b> Physical Activity Event
<b>Focus Area:</b> General Physical Activity
<b>Intervention Site or Setting:</b> Community
<b>Scope of Intervention:</b> Municipality
<b>Target Audience:</b> All races and genders Ages 20-39, 40-59, 60-74, 75 +
<b>Total Population in Area Served:</b> 2400
<b>Number of Participants:</b> Our objective is 40 to register and complete, we hope for many more
<b>Implementation Status:</b> 4 mos June-Sept

<b>Partners:</b> Winneconne Police Chief has agreed to do education presentations with the Health Dept on safety, benefits to businesses, etc regarding regular walking.
<b>Unique Funding:</b>
<b>Evaluation:</b> Service Provision & Units Provided – One-time Health Indicator – Other 5, 5, 1, 5,
<b>Evidence-Based or Best Practice based on</b>

### Products Developed or Materials Used:

Materials are being developed regarding safe participation in physical activity, use of pedometers, setting personal physical activity goals, etc.

### Intervention Description:

Community will be invited to take part in a 10,000 step program. With registration we will obtain BP, BS, Chol, LDL, HDL, Trigl, Height and weight, BMIs on each willing participant. They will receive a pedometer with education on how to use it and how to set personal goals. We will send motivation messages and incentives for handing in progress each 2 wk period. At the end we'll reassess the above data.